



Senior citizens of the Bernal Heights Senior Program paraded signs and banners to protest the closing of Bank of America's Bernal Heights Branch. Nearly 100 residents and merchants gathered on June 15th to show their support and fight to keep the bank open.

Photo By Vicki Victoria

Bernal Saves Its Bank

Community efforts force Bank of America to reconsider closing Bernal Heights Branch

In a David versus Goliath type of scenario, the residents and merchants of Bernal Heights have won the first victory in retaining banking services for their community.

The Bernal Branch of the Bank of America (BoFA) was slated for closure in October, 1992. BoFA felt that a consolidation of services to their branch at Mission and 29th Streets would be more profitable and could sufficiently serve the needs of their Bernal Heights customers.

"After hearing from a neighbor about the possible closing, I went over to the branch and asked the staff," said Dorothy Coakley of the Bernal Branch Library, "They said the bank (Bernal Heights Branch) would definitely close. I told them the residents would fight it. They said it would be hard to fight something as big as BoFA. I told them, 'You don't know this neighborhood!'" Dorothy started the petition that collected over 1,000 signatures protesting the

closure of the bank. Distributing the petition to the neighborhood's stores, services, and churches, she was impressed with the enthusiasm and interest that the residents and merchants showed in collecting signatures.

This same spirit to fight for

"They said it would be hard to fight something as big as BoFA. I told them, 'You don't know this neighborhood!'"

- Dorothy Coakley

community services was echoed by the participants of the Bernal Heights Neighborhood Center's Senior Program. The Seniors contacted the media and created signs of protest that read, "Seniors Need Services in Their Community"

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Bernal Salva Su Banco

En un tipo de escenario como el de David contra Goliat, los residentes y comerciantes de Bernal Heights han ganado la primera victoria al retener los servicios bancarios para su comunidad.

La Sucursal de Bernal del Banco

de América (BoFA) estaba dispuesta a cerrar en Octubre de 1992. BoFA calculó que una consolidación de servicios con su sucursal en las Calles 29 y Misión sería de más provecho y podría servir suficientemente las necesidades de

sus clientes de Bernal Heights.

"Después de enterarme por medio de los vecinos acerca del posible cierre, yo fui a la sucursal y pregunté al personal," dijo Dorothy Coakley, de la Biblioteca de Bernal. "Ellos dijeron que el banco cerraría definitivamente. Yo les dije que los residentes se

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Mayor's Town Hall Meeting Looks at Top Issues of Bernal Heights

Over 250 Bernal Heights residents filled the St. Kevin's Parish Hall on June 30th for a Town Hall Meeting with Mayor Frank Jordan and several of his department heads and city service managers. Recognizing the City's limited financial resources, Bernal Town Hall planners prioritized the community's concerns, based mainly on the "Bernal Agenda" survey that was completed by nearly 500 Bernal residents earlier this year.

Peter Schwab of the East & South Slope Neighborhood Committee presented the problem of Bernal's water system, "It is severely under standard as far as providing protection for fire and life safety. Many of our streets do not have proper fire department access or adequate access in the event of a natural disaster." Schwab also said that reports from both Fire Department and Water Department reported that approxi-

mately ten of Bernal's fire hydrants do not meet minimum city standards."

The Department of Public Works responded that it has a \$600,000 capital improvement item to extend a 12" feeder main into the area which will provide Bernal Heights with a back up water supply and improve water pressure. However, Schwab says it's not enough, "The water does not function properly. Although a 12" line will be put in, it will not correct the problem with Bernal's domestic water supply that has mineral deposits that have collected for over forty or fifty years." The department reassured the community that it is working with the City Planning Commission, has assigned an engineer to develop a long range plan to solve the hill's problems and that next year it will be looking to find money to purchase property to

... continued on page 2

People on the Hill

Celebrating 60 years of Business on the Hill

Long ago in 1932, Anthony Sola, an enterprising young man of twenty-six years, established his first business called "Mount Vernon Press." Today, Anthony Sola, or "Bud" as his friends call him, will celebrate his 60th year of business.

Bud chose to base his business at 33 - 29th Street because he loved growing up on the hill. In 1918, Bud's Italian immigrant parents bought a home on Winfield Street. "My mother owned the store that use to be on Winfield." Reminiscing back to the '20s, he tells of his memories growing up, "We even had our own gangs bank then - the Cortland Avenue gang, the 29th Street & Mission gang. I even remembered when it snowed one time. The whole hill was white!"

"I've been actually printing for 73 years," says Bud, a Prospect Avenue resident, "I started when I was only ten years old." He says that he was seven years old during World War I, he sold newspapers at the shipyards, "It was at that time I knew I wanted to be in printing."

Bud's wife of forty years, Orfea (Fay), was also a businesswoman in the neighborhood, running a gift shop that prospered for twenty years. "You might remember it," he says, "It was called 'Fay's Gifts, right around the corner on Mission Street and 29th.'" He gestures tenderly to a faded portrait above his desk, "That's my wife there. She was the treasurer for the Merchants' Association (South of Army & Mission) up until she passed away a couple of years ago. She was loved by everyone." The wall also displays a variety of plaques and honors that Bud had been awarded throughout the years including one from Senator Quentin Kopp which sung the many praises of a "unique example of the human spirit who earned

Anthony "Bud" Sola

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new Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly (6 issues) neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

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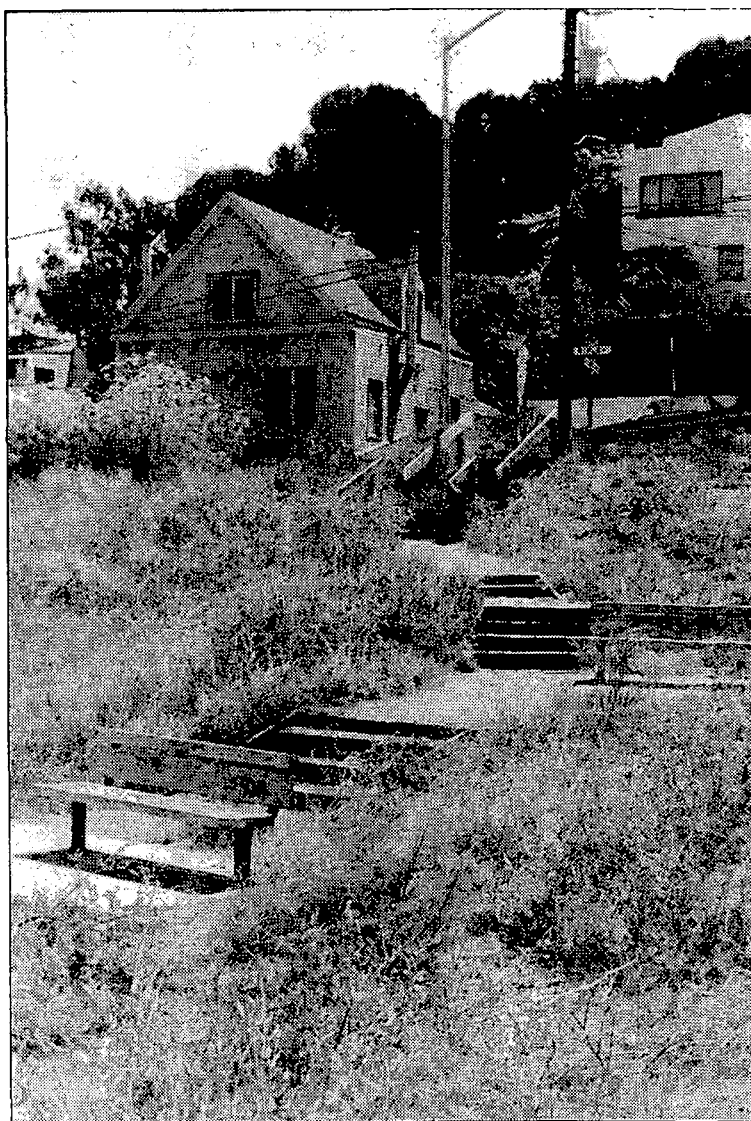
Who's Park is it, Anyway?

Harrison/Ripley Street Stairway Looks For Acknowledgement

A curious "park" quietly sits on Harrison Street at Ripley. Wooden stairs and a paved pathway are accented with a few vacant park benches. The stairs seem to end nowhere, with the exception of an informal dirt path that eventually winds its way back to Harrison Street. This "park" was created by Realtors who begrudgingly built it in order to divide the several lots next to the park.

The lots, nestled on the upper north slope of Bernal, have a sweeping, unobstructed, panoramic view of the downtown skyline. They remain unsold, however, with weeds and fennel towering six feet high, overshadowing the "for sale" sign. Terry Milne, an active East Slope resident explains why the lots aren't selling, "The real estate market has bottomed out and no one's buying these fairly expensive lots, even if they are very attractive."

Milne explains the history of the lots. "About four years ago, they (Ed Lingsch Realty) wanted to develop the lots," he says, "But at a City Planning Commission hearing, Ripley Street residents expressed their desire to have a park on one of the lots. The Planning Commission told the developers that they would approve the subdivision and then development of the lots if one of the lots was made into a park."



Milne sees the stairway as a welcome addition. "The park could be a real community asset - the neighbors just need to know that it exists," he says, "If we name the park and put a sign up, perhaps more people will use it. But, until houses are built on the lots, people aren't going to use the park because it's not close enough to anyone to take care of it."

"We gave them (the neighbors) their park," said Nic Anotti of Ed Lingsch Realty, "We spent over

\$80,000 to grant their wishes. But now, no one's taking care of it. There's just stairs, weeds and dog [waste]." Anotti also went on to say that the City is supposed to keep the park clean. However, Milne contests that the City never made that claim, "The park is simply open space that the City had hoped that the neighbors would clean up and take care of."

Jane Wrench, coordinator of the Ripley Street Neighbors block club

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City Views

Bridging the Budget Gap

by Mark Mosher

With the City facing its largest-ever budget deficit at press time, San Francisco's business community worked together on some short- and long-term solutions. A coalition of small and large businesses agreed not to oppose a temporary hike in the utility users tax and a new, temporary tax on interstate and international phone calls. City Hall's responsibility is to pursue cost-cutting measures and to work with city employees unions to secure voluntary wage and work rule concessions.

As of this writing, however, the

severity of cuts in state funds for cities was still unknown. And what about the years to come? If San Francisco is to avoid perennial budget crises, San Francisco has to learn to live within it means.

The Deficit. Our latest budget deficit is just the most recent manifestation of the widening gap between what the City spends and what it takes in revenues.

During the last two decades, the City's enormous budget — \$2.7 billion for 1992-93 — has become increasingly hard to balance for a number of reasons:

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Mayor's Meeting -

- continued from page 1...

put a water tank in which will also improve the pressure situation.

The Mayor, who grew up in Bernal Heights on Crescent near Andover, reassured the audience that he was working hard to solve the problems of the neighborhoods and the city, "I'm here to see that you are receiving your fair share of the city resources during this very difficult year - it's the worst budget since 1939 in San Francisco. We have a \$175 million budget deficit. We have done a tremendous amount of soul-searching, a lot pain in every department - and everyone got hurt, some with 10%, 15% and 18% cuts. But we didn't close libraries, we didn't cut back on public safety, we didn't close any health centers."

Regarding public safety, a top issue in Bernal, the Mayor ex-

pressed his desire to maintain adequate police staffing in the streets, "There will be no cut-backs on uniformed services on the street level, but there will be to administration areas and police overtime. We want to maintain emergency services in this terrible budget year."

Bernal Heights is served by the Ingleside Police Station, one of the largest police districts in the city, ranging from Mission Street to the Daly City border. Last year, the Police Department presented the community with a plan to re-align the district to make it more equal in size and workloads of the other police districts. Part of the realignment included bringing Sunnyvale and Geneva into the Ingleside area. "Commander Jim Arnold made a commitment that Ingleside would receive 15 additional officers in order for this district to be maintained at full strength," reported Charles Bolton of the Northwest Bernal Block Club and Chair of

the meeting, "Today, Ingleside is 12 officers below its full strength level. Bernal loves its CPOPs (foot patrol officers) dearly, but they are not able to put in their time on their CPOP patrols because they are pulled out to do conventional services in patrol cars."

Ingleside Captain Gleeson responded, "Bernal Heights was one of the first communities to have a CPOP officer and the community has been very supportive. Priorities, however, have to be answered, such as 911 calls. Several of our officers had been pulled to staff special operation units in the Tenderloin. Chief Thomas Murphy has told me that I will be getting these officers back this month and will then be back at full strength with 99 officers."

When the audience was asked how many of them were effected in the last month from having their car broken into or stolen, a hit and run, their house vandalized or robbed or if they were mugged to raise their hand, one third of the

audience raised their hands. Only one third of the hands raised, however, filed a police report. "I realize that you may be frustrated and want to see more police officers or better response time," said Mayor Jordan, "If you're the victim of a crime, please make a report so that we can get out this information to our officers - it is very helpful to know when, how and where a crime has occurred in order to deploy more officers and make more arrests."

Mauricio Vela of the Bernal Heights Neighborhood Center updated the audience on community services in Bernal. He thanked the Mayor for providing Bernal with the Mayor's Youth Employment and Education Program which provided 50 jobs to neighborhood youth during the past school year. He also thanked the Mayor for lobbying for additional jobs for the Summer Youth Employment and Training Program, bringing a total of 150 jobs to youth in the area. Lastly, the Mayor was thanked for bringing in the Neighborhoods in Transitions Programs - a Multi-Cultural Partnership to develop alternatives and support for youth. "Youth just don't live by work alone, they need other alternatives: recreation, socializing and support," said Vela, "We don't want police to be the first solution to our youth problems. We want youth workers and CPOP officer to be able to refer youth to services, not hand them a citation."

Vela also expressed the need for a gang prevention worker in Bernal. "Unfortunately, we don't have the funding for an outreach worker. We will not know until August whether or not more funds to expand our Gang Prevention



Mayor Jordan

Program to Bernal Heights," responded Anne Kronenberg of the Mayor's Criminal Justice Council, "One thing we're doing in the neighborhood is our Community Partnership Grant. You have a community organizer, Clo Dow, who is housed at the Bernal Heights Neighborhood Center. She is working on a needs assessment to empower the community to solve their own drug and alcohol problems."

The solutions offered at the meeting to solve many of Bernal's needs and problems depended on the availability of funding. Mayor Jordan is anticipating a \$46 million shortfall this year and another of the same amount the next. He also said that the budget problems would become worse as the state fell into a deeper deficit itself, "Department heads have already said that with these heavy cuts, that I've gone beyond just cutting to the bone, that I've amputated in some ways. I don't want to have to continue to do this with a shortfall from Sacramento." • - Vicki Victoria



Bernal Heights residents gathered for a Town Hall Meeting in late June to hear the concerns of the neighborhood.

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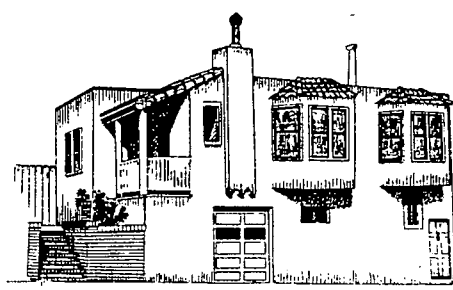
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Noticias de la Comunidad en Español

Bernal Salva Su Banco

- continua...

opondrían. Ellos contestaron que es difícil oponerse a algo tan grande como el BofA. Yo les contesté: "Ustedes no conocen este vecindario"! Dorothy comenzó la petición que recogió más de 1,000 firmas protestando el cierre del banco. Al distribuir la petición en los negocios, servicios e iglesias de la comunidad, le impresionó el entusiasmo e interés demostrado por los residentes y comerciantes en obtener las firmas.

Este mismo espíritu de luchar por los servicios de la comunidad tuvo eco en los participantes en el Programa para Mayores de Bernal Heights. Los mayores se comunicaron con la prensa y crearon cartelones de protesta que consumidor decían, "Qué Pasa con el servicio al Consumidor en Bernal?". Ellos cantaron, "Salven Nuestro Banco"! mientras marchaban en Bernal, distribuyendo hojas volantes y pidiendo a los que pasaban que tomaran nota o se unieran a la protesta.

"Pienso que es terrible que ellos nada más alcen y se vayan," dijo Grace Williams quien llevaba un cartelón de protesta en la marcha a mediados de Junio. "Muchos de nosotros, los mayores y sus familias han sido clientes por 20, 30 y aún 40 años. Cómo pueden hacer esto?" Josephine Campagne y Annie Gonzales, 88 y 86 años respectivamente, sólo pueden caminar dos cuadras planas al banco después de llegar, vía Paratransit, al Centro para Mayores de Bernal Heights en la Avenida Cortland. "Si ellos nos transfieren a la Sucursal en las Calles 29 y Misión, tendríamos que tomar dos autobuses para llegar ahí."

"Si la gente tiene que cruzar la ciudad para cambiar sus cheques, ellos gastarán su dinero en tiendas allí y no en Bernal Heights," dice William Peecher, dueño de Top Drawer en la Avenida Cortland. "Si usted puede caminar a com-

prar sus abarrotes en Bernal y pasar por otras pocas tiendas a la vez, es bueno para la comunidad." William es miembro de la Sociedad de Comerciantes de Cortland (Cortland Merchants Association), quien descubrió una nueva reconciliación después de ser promovida la campaña de cartas de protesta al cierre del banco. Los Miembros de la Sociedad y de la administración del Centro del Vecindario de Bernal Heights se han reunido con BofA, así como también con la nueva gerente, Jacqueline Shaffer, para negociar estrategias y metas para salvar el banco.

"BofA realmente necesita dirigirse a la comunidad en la mejor manera para que nosotros mantengamos abierto el banco," dice Imre Mandoki, Presidente de la Asociación de Comerciantes de Cortland. Imre se refiere a las 1,000 nuevas cuentas que se necesitan para el mes de Marzo, 1993, para mantener la sucursal abierta. "Ellos solamente se refieren a nuevas cuentas de cheques, no a nuevas cuentas de ahorro o cuentas transferidas. Creo que ellos ignoran el hecho de que el banco sirve a un vecindario. Cuando los residentes transfieren sus cuentas a Bernal, ellos crean un asunto de la comunidad. BofA necesita darse cuenta de esto y aceptar las cuentas transferidas como parte de las 1,000 que se necesitan."

BofA expresa que ellos están trabajando con la comunidad para ayudar a abrir las nuevas cuentas. "Estamos ofreciendo un gran estímulo para que los residentes abran nuevas cuentas. Nuestra promoción para celebrar los sesenta y cinco años de la Sucursal de Bernal Heights en este vecindario es la primera de muchas," dice Kent Dymak, Oficial de Mercadotecnia de BofA. "Sesenta y cinco semanas de cheques gratis es una oferta muy generosa." Helen Helfer, Directora Ejecutiva del Centro del Vecindario de Bernal Heights, sin embargo, gustaría ver más esfuerzos del BofA. "Es una buena oferta, pero solamente dan a la gente una ventana por do-

semanas (Agosto 17 al 29) para aprovecharse de esto. No es tiempo suficiente para la gente, especialmente para los que trabajan, para preparar y alistar el trabajo y tiempo que se lleva para cerrar sus cuentas en otros bancos y abrir las nuevas. Me gustaría ver la oferta extendida para asegurar a todos los residentes suficiente tiempo."

"Creo que BofA debía estar conmovido de que todos estos residentes, comerciantes y mayores estén trabajando para obtenerles más negocio," dice Mauricio Vela, Director del Centro del Vecindario de Bernal Heights. "Pero ellos deben cooperar, también, para educar a la comunidad. Por ejemplo, ellos nunca han publicado un anuncio de nuevos servicios de ATM instalados ahí, ni las horas en que la sucursal está abierta. Ellos hubieran obtenido más clientes desde hace mucho tiempo si los residentes hubieran sabido, y no hubiéramos tenido que luchar hoy para mantener el banco abierto."

Levantando un volante creado pro BofA a fines de Junio después del compromiso de mantener el banco abierto, Mauricio continuó, "Miren esto - todo lo que dice es 'A Nuestros Vecinos de Bernal Heights' y luego tiene el mismo asunto de corporación acerca de sus cuentas que ustedes pueden ver en todas partes. No hay nada en este volante que digar los residentes acerca de la oportunidad de ayudar a la comunidad. Ni siquiera se mencionan las horas de la Sucursal de Bernal!"

Como organizador de la comunidad, Mauricio piensa que BofA debe mirar la situación desde un punto de vista responsable socialmente. "Estoy seguro que si ellos hubieran dicho a la comunidad que las necesidades de nuestros comerciantes y mayores serían ayudadas, muchos residentes hubieran venido a abrir una cuenta para el bien del vecindario - esto es una gran oportunidad para BofA de aparecer bien y hacer el bien en la comunidad." •

- Por Vicki, Victoria
- Traducción por
Carmen Muñoz

Bernal Saves Its Bank

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and "What About Customer Service in Bernal?" They chanted, "Save Our Bank!" as they marched down Bernal, passed out fliers and urged those passing by to stop and take notice or join in the protest.

"I think it's terrible that they would just up and leave," said Grace Williams who was waving a protest sign at the demonstration in mid June. "Many of us seniors and their families have been customers for 20, 30 and even 40 years. How can they do that?" Josephine Campagne, and Annie Gonzales, 88 and 86 years old respectively, are able to walk two flat blocks to the Bernal Branch after being transported by

needs to realize this and accept the transferred accounts as part of the needed 1,000."

BofA contends that they are working with the community in order to help open the new accounts. "We're offering a great incentive for residents to open new accounts. Our promotion to celebrate the Bernal Heights Branch's sixty-five years in Bernal is the first of many," says Kent Dymak, Marketing Officer of BofA. "Sixty-five weeks of free checking is a very generous offer." Helen Helfer, Executive Director of the Bernal Heights Neighborhood Center, however, would like to see more efforts from BofA. "It's a good first effort and we'll work hard with them to make it succeed, but they're only giving folks a two week window (August 17-29) to take advantage of it. That's just not enough time for people to prepare and go through all the work and time it takes to close their other bank accounts and

"If people have to go across town to cash their checks, they'll spend it in stores over there and not on Cortland Avenue. This could be very detrimental to Bernal Heights,"

- William Peecher, Merchant

Paratransit van to the Bernal Heights Senior Program on Cortland Avenue. "If they transfer us to the 29th & Mission Street Branch, we'll have to take two buses to get there."

"If people have to go across town to cash their checks, they'll spend it in stores over there and not on Cortland Avenue. This could be very detrimental to Bernal Heights," says William Peecher, owner of Top Drawer on Cortland Avenue. "If you can walk down to buy your groceries in Bernal and pass a few other shops along the way, then it's good for the community." William is a member of the Cortland Merchants Association, who found a revived reunification after they spearheaded the letter campaign to protest the bank's closure. Members of the Association and the Bernal Heights Neighborhood Center have met with BofA, as well as the new manager, Jacqueline Shaffer, to negotiate strategies and goals to save the bank. Both organizations felt that Shaffer was very responsive to the concerns expressed by the merchants and the Center.

"BofA really needs to approach the community in the right way in order for us to keep the bank open," says Imre Mandoki, President of the Cortland Merchants Association. Imre refers to the 1,000 new accounts that are needed by March, 1993 in order to keep the branch open. "They are only counting new checking accounts, not new savings or even transferred accounts. I think they're missing the point that the bank is serving a neighborhood. By residents transferring their accounts to Bernal, residents are making a community issue. BofA

open new ones. I would like to see the offer extended to ensure that all residents have sufficient time to participate."

"I think that BofA should be thrilled that all of these residents, merchants and seniors are working towards getting them more business," says Mauricio Vela, Bernal Heights Neighborhood Center Director. "But they have to do their part, also, to educate the community. For example, they have never taken an ad out in our community paper (*New Bernal Journal*) to tell the community about the new ATM services installed there or even what hours the branch is open. They would've gotten more customers long ago if residents knew about it and we wouldn't have had to fight today to keep the bank open."

Holding up a flyer created by BofA in late June after the compromise to keep the bank open, Mauricio continued, "Look at this - all it says is 'To Our Bernal Heights Neighbors' and then has the same corporate stuff about their accounts that you can see anywhere. There's nothing on this flier that tells residents about the opportunity to help the community. The Bernal Branch hours aren't even listed!"

As a community organizer, Mauricio feels that BofA should look at the situation from a socially responsible view. "I'm sure that if they told the community that the needs of our merchants and elderly would be helped, many residents would come in and open an account for the good of the neighborhood - this is a great opportunity for BofA to look good and do good in our community."

- By Vicki Victoria

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- For those interested in chronicles of the high life of Hollywood-New York, etc. there's Carol Matthau's *Among the Porcupines*...
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Budget Gap

- continued from page 2...

- Proposition 13 limited San Francisco's ability to raise property taxes — previously the City's fastest growing source of revenue.
- The federal and state governments have forced cities to assume more responsibility for providing services to their residents, while reducing available subsidies.
- San Francisco's long-term economic growth has slowed, cutting into local tax revenues.
- Finally, San Francisco is a very expensive city to operate.

San Francisco, more than other California cities, has bridged this budget gap by raising business taxes. But local companies and city residents have good reason to oppose additional levies: San Francisco businesses already pay more than \$400 million in annual taxes to the City — close to half of all the local taxes collected. Recent studies have shown San Francisco has steadily lost jobs during the last two decades to neighboring Bay Area cities with lower tax rates and less expensive commercial space. This is important because it is the private sector employers who provide the tax base and, therefore, the revenue to provide the services of the City. Unfortunately, employers find it difficult to create new jobs or to maintain existing jobs in San Francisco when it costs so much less to locate in other parts of the Bay Area and the state.

Investing in the City. The only solution to city budget problems is reducing the cost of delivering services by holding down the number of city employees and making government more responsive and efficient.

"There is dire need for government reform," says Just Desserts founder and small business activist Elliot Hoffman. "Business people can offer the City expertise, which can help it streamline its operations and reduce its current dependence on tax increases."

We should support increased use of resources like the Mayor's Fiscal Advisory Committee (MFAC), a group of more than 70 executives from business, local government and labor who serve as volunteer management consultants to the San Francisco. Since it was founded in 1976, this group has saved the City an estimated \$100 million through administrative reforms.

There are three major factors contributing to the high cost of San Francisco govern the best paid in the state, earning 16 percent more than their peers in other California cities and 43 percent more than their federal counterparts.

Investing in the City. By working as partners, small business, big business and City Hall can continue to find ways to streamline city operations to reduce the need for future tax increases. The more businesses we keep in the City, the easier it is to pay the bills for services, like Muni, public health, police and fire protection. •

60 years - cont'd from p. 1...

the admiration and friendship of all having the privilege of associating with him."

Bud's shop today looks like a museum with most of its grand old presses standing silent. He is content to keep himself busy in his now one man shop printing business cards and menus for local merchants. "Yeah, I'm one of the only one man union shops around," he smiles.

When the 86 year old printer was asked when he was going to retire, he replied, "I have no plans to retire. George Burns says 'retirement' is a bad word because all of his friends are retired...and they're all dead!" Regarding the health of a person in his eighties, Bud goes on to say, "When George Burns was asked what his doctor thought about his smoking of 10 or 12 cigars a day, he answered, 'I don't know. My doctor's dead, too!'" - Vicki Victoria

Can We All Live Together? A Dialogue by Bernal Neighbors...

Bernal residents gathered together for a "speak out" in late June to informally discuss the turmoil that followed the Rodney King verdict earlier this year. Residents expressed their concerns about the incident and shared their suggestions and solutions to figure out how to live together in Bernal Heights and build a just society for all people and children.

Facilitator Bill Sorro explained to the three dozen residents gathered, "This is not a lecture, but simply a dialogue between neighbors to address our concerns about our community...our country." Suggesting a direction to follow he proposed, "We can have a candle and light it or go through the dark. I'd rather light a candle for my children and our future."

"People don't want to be just placated anymore. We need to take control of our community and share and move outwards," explained Sharon Parker of the Office of Multi-Cultural Development at Stanford, "I see the verdict reaction as a 'rebellion' or 'uprising' but the media said 'riots' on their newspaper headlines and television reports."

"The media made it into a black and white issue, continuing their creation of a basis for

stereotypes," explained Virginia Apocadac, Regional Manager of the Office of Civil Rights, "I'm Latina and I feel uncomfortable to have to report this, but in actuality 51% of those arrested during the looting were Latino - but television kept on showing the same black man looting the same store over and over. 45% of the businesses burned were also owned by Latinos."

Many of the neighbors felt that it was important to encourage and teach children to racially interact at an early age, in order to achieve racial harmony, as one neighbor commented: "Children seem to segregate themselves at school - but where does this start? Why aren't there programs that involves children directly, asking them why?"

Georgia Willette said that it was important that adults really hear what children have to say and that adults should better guide them. "Let kids know what love is about - actions speak louder than words."

A youth delinquency counselor, Arturo, told the group of how hard it was for youth today and that more needs to be done for them. "The highest percentage of teens we serve are lost because people give them a

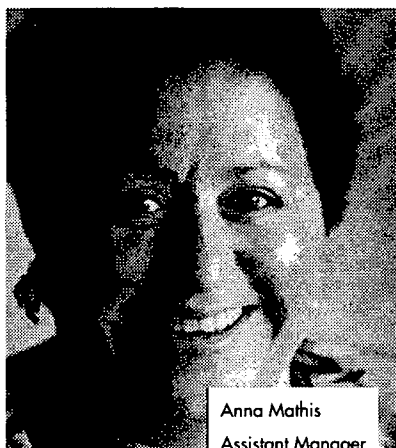
gun, \$100 a day and a room to deal crack. We have to assume the responsibility of caring for the youth, regardless of who and what color they are. It's about better education, more youth services and creating jobs."

Marty Kashuba added that institutions needed to provide more positive choices for youth, "You have to enable young people to have choices. They don't have any when public libraries are closing and school music programs are being cut."

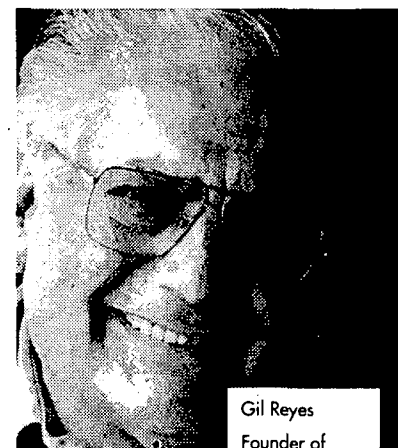
Many of the neighbors felt fortunate to live in a diverse community, "I moved to Bernal because I wanted to be around all kinds of people - I wanted to live in a multi-cultural neighborhood," commented one woman, "When I was growing up, there was no opportunity to have a dialogue like this."

"So often we focus so much on the problems that we forget to focus on the positive, too - the beautiful - like gathering here tonight," reflected Virginia, "Now, we need to do something in our community - simple things like giving a neighbor your phone number and getting to know them - communicating with them. It's simple and it may not seem like much. They may not give you their phone number at first - but it's a beginning. We don't have all the answers, but by beginning together - having dialogues with one another, we will get to the answers." •

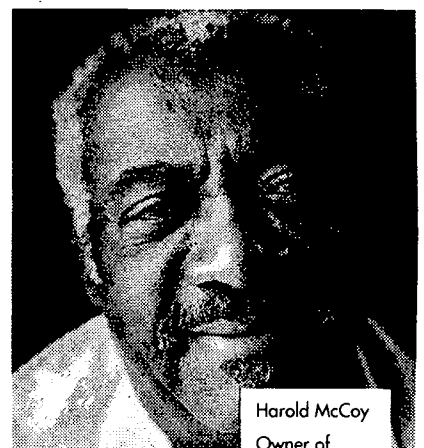
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of Fishstrom
Staple Co.
Minnesota Street
Potrero Hill



Gil Reyes
Founder of
Protective
Finishes
Hunters Point
Naval Shipyard
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Hunters Point



Harold McCoy
Owner of
McCoy's
Patrol Service
Bayview
Bernal Heights

We Do. "When the city as a whole falls on bad times, it is our minorities that suffer the most. So, I see the first priority in helping our people is to keep businesses of all sizes in town and prospering. That's the best way to make sure that we have jobs, government services and a decent life for everyone."

"I've known this city all my life. It used to have a Ford factory, seven breweries, foundries, machine shops and a lot of small businesses that are gone now. This diversity used to protect San Francisco from flat spots in the economy. We really need to hold on to our city's businesses to protect our economic future."

"When big businesses leave town, a chain reaction starts. Jobs are lost, especially for minority workers. That means less money spent in neighborhood businesses. So they fold. Governmental services are cut back. That's why we must support business development here in San Francisco."

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Neighborhood

BERNAL CALENDAR

• **San Francisco Mime Troupe, Saturday, August 8th.** Celebrating its 30th year of free performances in the parks, the Mime Troupe presents its latest work entitled "Social Work." Call 285-1717 for more information. Show begins at 2:00 in Precita Park, Precita Avenue (between Folsom & Alabama Streets). Admission free.

• **Farmer's Market Harvest Festival, Saturday, August 15th.** Farmer's Market celebrates its 49th Anniversary of providing farm fresh vegetables, fruit, eggs, nuts and more. Free give-aways, music and Garlic Wreath Award Ceremony. Located at 100 Alemany Boulevard. Call 647-9423 for more information. Admission free.

• **NBJ Spaghetti Feed, Friday, August 21st, 7:00 - 9:00 p.m.** A fundraising dinner to help publish the *New Bernal Journal*, a free community newspaper of Bernal Heights. Live music & dancing. Tickets: \$8 Adults and \$5/Seniors or Youth. Call 206-2144 for more information. Held at the Bernal Heights Neighborhood Center, 515 Cortland Avenue.

• **Bernal Flea Market, Saturday, August 29th, 9:00 - 3:00 p.m.** An indoor community flea market featuring a variety of second hand and almost new items at bargain prices. A benefit for senior citizen programs at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. Call 206-2145 for more information. Admission free.

• **Mural Walks, Saturdays, 1:30 p.m.** Precita Eyes Mural Arts, a non-profit, community based mural center, is offering walks highlighting its mural work in the neighborhood. Call 285-2287 for more information.

Basic First Aid Classes, 2nd Saturdays monthly, 10:00 a.m. - 4:30 p.m. Gain knowledge and skills to perform first aid care in the event of an emergency. Held at Health Center #3, 1525 Silver Avenue. \$10.00 fee. Advance registration required, call 468-1588 for more information.

• **St. Anthony's Fall Festival, Friday - Saturday, September 25, 26 & 27.** The community is invited to enjoy delicious food, games and prizes at this annual fundraising festival. Fun for the whole family! Grand \$1,000 raffle. Located on Folsom at Army Street. Call 647-2704 for more information. Admission free.

• **Bernal Hilltop Work Party, 3rd Sundays monthly, 11:00 a.m.** Become better acquainted with the hilltop ecology, control escaped exotics and help to restore native plants. Call 282-5066 for more information.



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Youth News

Funding Increases for Summer Youth Jobs

In an effort to prevent "Another L.A.," the Private Industry Council (PIC), which organizes summer jobs for youth, received an additional \$4.8 million from the federal government. With the tragedy of the Rodney King verdict reaction in L.A. still vivid in many minds, Congress increased its usual allocation by 80%. This increase brought 1,500 additional jobs to San Francisco's youth.

With the increase of funds, the Bernal Heights Neighborhood Center was able to place an additional 95 young people through its Summer Youth Employment & Training Program (SYETP). A total of 186 youth are now learning valuable job experience and training in job sites throughout the city.

The SYETP targets youth from minority and low income families. In addition to earning a pay check, the youth workers also learn a variety of skills such as learn clerical, computer, child-care, and food service. Field counselors are assigned to each youth worker, to monitor their progress and work with job site supervisors to ensure that a quality learning experience is being offered to the youth.

The Bernal Branch Library is one of these job sites. The Library placed three SYETP at its location where they've learned to operate the library's computer system to check out books, assist library users and order new books.

Christopher Anderson is a sophomore at John O'Connell High School. He is studying drafting and the CAD computer system in preparation to attend San Francisco State as a civil engineering student. Chris is the second oldest child in a family of seven and has lived in Bernal Heights since the age of three. Chris wants any future youth workers to know that working at the Bernal Library will be "the experience of a lifetime."

Kathy Davila is a freshman at St. Paul's High School. She has been with the Mayor's Youth Program since the day she turned fourteen. Kathy has been very busy this summer helping to supervise the library's "Kid Power" program. Kathy also assisted the library by ordering \$2,000 worth of juvenile books in Spanish.

Y Nguyen Le, is a freshman at St. Ignatius High School. Although her family did not speak English when she came from Vietnam at three years of age, Y Nguyen quickly learned both the language and the culture. She's plans to be a lawyer. Y Nguyen especially enjoys working with the young children who use the library daily. Her sister Kimberly is a member of Kid Power. Y Nguyen believes that working for the Mayor's Program is a good stepping stone to other things. •



Youth workers (from top, left to right) Christopher Anderson, Y Nguyen Le, Kathy Davila and "Kid Power" participants Ruth Rivera and Kimberly Le

Youth Organizing

Working Together Can Make A Difference

By Clo Dow

NIT-AMP Community Organizer, BHNC

In March, 1992, Ms. Marie Kelly, the Proposal Coordinator for Paul Revere Elementary School, approached me with an idea that would aid the children and families of Paul Revere. This idea was called "Healthy Start". The Healthy Start Support Services for Children Act (S.B. 620) is California's first statewide effort to place comprehensive support services at or near schools. These comprehensive services will be provided by both public and community agencies. Groups will work in collaboration with teachers and school staff to diagnose student problems and find solutions aimed at crisis prevention rather than intervention.

Why have these services at the schools? Paul Revere, like other schools, is the one place where the problems of children and youth are likely to be identified and where they can most easily be served. Students and their families are also more likely to use services that are convenient to them and are associated with the school.

In order to begin the project at Paul Revere, Marie Kelly formed a planning committee which was

composed of school staff members and community and public agencies. The Planning Integration Team worked diligently in a collaborative effort to apply for a planning grant. The planning grant would be for a one or two-year period and for a maximum amount of \$50,000. To receive funding for this grant and to comply with the school district's requirements, Paul Revere made an agreement that the programs and services will be responsive to the particular cultural and language needs of the children, youth, and families involved. Priority for services will be given to low-income students and their families in a holistic rather than categorical fashion.

As a result of the hard work and dedication to this project by Marie Kelly and the members of the Planning Integration Team, the Paul Revere Healthy Start proposal was funded. 570 applications were submitted to the State and approximately 195 grants were awarded. Congratulations to a job well done!

* I would also like to take this opportunity to give a warm welcome to the new principal at Paul Revere Elementary School, Mr. Randy Hayes.

Youth Speak Out

What is your reaction to the Rodney King Incident?

By Patrick Lewis & Benedine "Diny" Sosa



Johnny Jones, age 15
Washington High School

I think the rioters could have solved it another way, but it did get the point across. It could have been solved differently in San Francisco because the beating didn't actually happen here. I feel threatened by the police because stuff like that could happen to anyone, and they'd get away with it again.



Yasmin Webster-Woog, age 15, Lowell High

I understand why it happened and I see their reasons for doing it. At our school, we had a walk out and we walked to San Francisco State University and spoke our minds. I think rioting and looting shouldn't have happened in San Francisco here to the extent that it did in L.A.

Olga Rivera, age 16,
Immaculate Conception

I didn't think the riots were right because it didn't solve anything, all it did was put fear in people. As a minority, I am now afraid of the police, because the law is supposed to protect you and not hurt you.



Kenya Webb, age 15
Phillip Burton High School

I think much less of the police now than I had before. If you can't trust them, who can you trust. I don't feel safe as a minority now because I thought the punishment for speeding was a ticket...not a beating.



Ben Sosa, age 16
S.F. Christian School

I didn't really think it was right or wrong in the sense that it was right. It got a point across, but I don't think they should have looted that much. Moving the trial from L.A. to an all white city was unfair because the jury was going to be behind the white policemen.

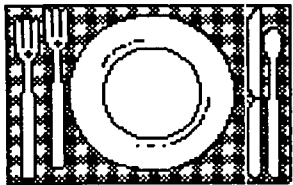


Senior News



Photo by Vicki Victoria

Members of the Bernal Heights Senior Program gather in their newly constructed patio garden at the Bernal Heights Neighborhood Center. The garden, developed by the S.F. League of Urban Gardeners, is maintained by the seniors who welcome the community to enjoy the garden with them. Senior Advisory Council President Oliver Sauneuf proudly holds a plaque from Kevin Shelley, President of the S.F. Board of Supervisors, which congratulates the seniors on their accomplishment.



Senior Lunch Program

Mon, 8/3 Roast Pork
Tue, 8/4 Chicken Cacciatore
Wed, 8/5 Beef & Broccoli
Thur, 8/6 Turkey Sandwich
Fri, 8/7 Fish Fillet

Mon, 8/17 Pepper Steak
Tue, 8/18 Spinach Casserole
Wed, 8/19 Rosemary Chicken
Thur, 8/20 Roast Beef
Fri, 8/21 Creole Fish

Mon, 8/10 Beef Burgundy
Tue, 8/11 Liver & Onions
Wed, 8/12 Tuna Casserole
Thur, 8/13 Sweet & Sour Chicken
Fri, 8/14 Salisbury Steak

Mon, 8/24 Meatloaf
Tue, 8/25 Tahitian Chicken
Wed, 8/26 Sliced Turkey
Thur, 8/27 Macaroni Casserole
Fri, 8/28 Fish Fillet

A delicious lunch awaits you Mon.thru Fri. at the Bernal Heights Senior Program. Seniors 60 years+ can enjoy these nutritious lunches for a \$1.25 donation. Served daily, 12:00 noon at the Neighborhood Center, 515 Cortland Ave. For info call 206-2142.

Arthritis Course Teaches Self-Management of Pain

After 12 years of research, the Arthritis Foundation and Stanford University have developed an innovative and successful course which teaches arthritis sufferers how to manage their pain and medications.

Course participants receive support and insight by working together in a group at a weekly meeting for six weeks. See ad below for more information.

Heat and Cold Can Be Effective for Aching Joints

Treatments using heat and cold can be effective, short-term ways to relax muscles and decrease stiffness and joint pain, according to the Arthritis Foundation, Northern California Chapter. The Foundation reports that heat treatments can be especially helpful in the morning when people with arthritis often feel stiffness and pain, and cold treatments, which provide a numbing effect, can be especially good for the acute inflammation felt in joints during a flare.

Heat and cold treatments combined with medication, exercise

ing cold months can help increase comforts and may relieve some morning stiffness; paraffin baths—if recommended by a physical therapist.

Cold therapy also comes in many forms. The most common forms of treatments include: an ice pack; a commercial ice pack; and a bag of frozen peas or corn or a wet towel that has been placed in the freezer for five to ten minutes. Cold Compresses or ice bags wrapped in towels help numb the affected area and reduce blood circulation so the pain is not as strong. Sometimes, heat and cold

When using heat and cold therapy, the Arthritis Foundation offers these guidelines:

- Use the heat or cold only for the prescribed length of time.
- Check your skin before and after using the heat or cold.
- Do not use heat or cold over fragile, broken skin.
- Do not use heat or cold on any area of your body with poor circulation or vasculitis.
- Do not use any electrical device that is not UL approved.
- Do not lie on top of the heat or cold pack.
- Do not use topical creams, liniments, heat rubs, or lotions on your skin while using the heat or cold.
- Do not make your bath or shower water too hot.

and joint protection are important aspects of a total treatment program for arthritis.

According to the Arthritis Foundation, some examples of easy at-home heat treatments are: hot baths or showers which are good for heating the whole body; warm, moist towels wrapped around the joints; hot water bottles wrapped with a moist towel; electric heating pads that provide dry heat placed on the affected joints; electric blanket on your bed dur-

may be alternated, depending on how painful the joint is.

- By Marian Sullivan

For more information about arthritis treatments or to request a free copy of the Arthritis Foundation's brochure, *Coping with Pain*, contact the Arthritis Foundation, Northern California Chapter, 203 Willow Street Suite 201, San Francisco CA 94109, (415) 673-6882 or (800) 464-6240.

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Bernal Heights FLEA MARKET!



SATURDAY • 9:00 - 3:00
AUGUST 29, 1992

ADMISSION FREE!

6' Seller table spaces: \$10.00 each - call to reserve

All proceeds benefit the Bernal Heights Senior Program
Help support senior services in Bernal Heights! Drop off items to donate
(good stuff only - no junk!) to our sale on Friday 8/28/92.



Bernal Heights Neighborhood Center
515 Cortland Avenue (at Andover St.) 206-2145



Arthritis Self-Management Class

Learn about:

- Pain management & exercise
- Arthritis and its medications

Participate by:

- Designing & carrying out your own self-management program
- Sharing experiences

Wednesdays, 1:30 - 3:30 p.m.
September 16 - October 28, 1992
\$15.00 course fee (scholarships available)

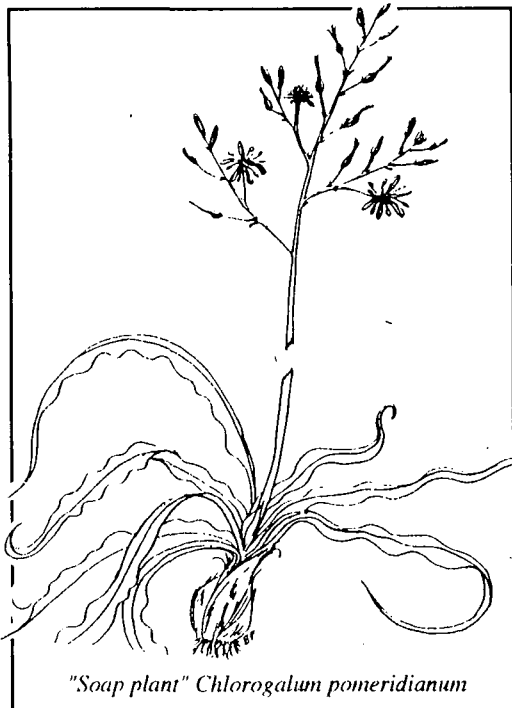
Hosted by the

Bernal Heights Senior Program

Bernal Heights Neighborhood Center
515 Cortland Avenue, San Francisco

• Call: 206-2145 •

Bernal Hilltop Natural History



"Soap plant" *Chlorogalum pomeridianum*

Soap Plant

By Barbara M. Pitschel

One of Bernal's more interesting plants, *Chlorogalum pomeridianum*, can be seen in a variety of growth stages throughout much of the year. The leaves, which appear right after the first winter rains, are long and linear, parallel-veined (like grasses), radiating from a cluster on the ground. They are most easily distinguished from the leaves of other plants by their wavy margins. These leaves continue to grow robustly throughout winter and spring. In May or June the plants put up long, leafless, branching flower stalks bearing small, dark buds. Shortly thereafter, in years when the plants' life cycle is not interrupted by fire, surprisingly small, delicate, translucent, six-petaled white flowers open in the afternoons. After the plants bloom, the leaves dry and turn brown, but the large, perennial bulbs remain dormant in the ground until the rainy season returns.

The bulbs, which are covered with coarse brown fibers, contain saponins. They were used by California Indians and early American settlers for soap, shampoo, and poultices, hence the common name "soap plant." Some Indians ate young green leaf shoots and, after roasting the bulbs to remove the toxic saponins, also used them for food. The Cahuillas of southern California used the bulb fibers to make hair brushes, and Gold Rush settlers used them to stuff mattresses. Old root leaves were used to wrap baking acorn bread, bulb juice was a glue, leaf juice was used for tattooing, and bulb paste as a remedy for poison oak. Large quantities of raw bulbs were sometimes thrown into streams and pools to stupefy fish. This fishing technique, which was non-selective and killed other creatures as well, is now illegal in the United States. Native plants are now too scarce to be picked or used. It would probably be a good idea for people interested in experimenting with uses of plants to utilize the weedy non-native species.

These members of the lily family (*Liliaceae*) grow on dry open hillsides and plains at elevations below 5000 feet from southern California to southern Oregon. The species is one that would be useful in restoration projects because it is good survivor and a useful competitor against the invasive weeds. *If you are interested in helping with Bernal's restoration, call me at 282-5066 for information on dates and times of work parties.*

Fiery Fourth of July in Bernal

Bernal Heights suffered from the use of illegal fireworks during the past Independence Day holiday. Several homes were destroyed or suffered major damage. Fire Department Lieutenant Paul Fuhrman reported that both of the fires on Montezuma and also on Coleridge Streets turned into a 3 alarm emergencies, taking 1 hour to control and 95 firefighters to battle each one.

Both 77 & 79 Montezuma near Shotwell were badly burned on July 4th, Saturday at 11:04 p.m. About the same time that night, a

2 alarm fire near the border of Bernal Heights on Folsom & 26th Streets occurred. Both of these fires are still under investigation by the Arson Unit and fireworks are highly suspected as the cause.

Fireworks caused a devastating fire on Monday afternoon, July 6th around 4:00 p.m. to a house at 88 Coleridge and a two unit apartment next to it at 82/80 Coleridge. The neighboring flat at 76 Coleridge was also effected. Neighbors reported seeing people using bottle rockets on Peters which is the next street situated

down the hill from Coleridge. Neighbors figured that one must have lodged in between the two homes, making it impossible to dislodge and causing the fire to spread quickly.

Neighbors across the street from the fire reported that it was very windy that afternoon, causing 2" ashes to treacherously blow around the block, threatening other homes.

Lieutenant Paul Fuhrman, "There are always fires during the Fourth of July holidays. Unfortunately, Bernal received most of them this year.



Walking Blues

Firefighting Heroes

By Jacqueline Elizabeth Letalien

My grandfather was a volunteer firefighter in a rural town. The entire department consisted of butchers, blacksmiths, farmers. A firebell in my grandparents' house clanged loudly to awaken the deeply slumbering. My grandfather would leap out of bed and jump into his fire clothes, his oversized boots and fire hat with shiny badge. My grandmother would rise, too, exclaiming: oh chris-sakes, Henry, it's a fire. She would rush downstairs in recordbreaking time to put some food into a lunch pail that was swiftly snatched from her hand as my grandfather whizzed out the door. He was in the race to get to the fire house first; the winner had the grand honor of driving the truck.

The other night when I came home, I smelled thick smoke with the alarm that says: this is no backyard BBQ. It felt close and sure enough, in the sky was dense smoke and the tell tale glow. Adrenalin and fear intertwined with the smoky bellows. At my urging, a tendency inherited from being a firefighter's granddaughter, my partner and I walked to the conflagration a couple of blocks away. There in the darkness was a small gathering of fire groupies frozen into mesmerized statues. The intent we-are-saving-the-neighborhood movements of the firefighters were silhouetted by the red, yellow lights of their trusty steeds, the fire trucks. I do not know how firefighters stand the daring exertion, dangerous exhaustion of fighting a formless, avaricious fire.

These women and men are my heroes, not just because my grandfather was a firefighter. In my childhood, I went to another blaze. A burly, smoke and sweat covered volunteer said: we saved a life tonight. He opened his huge hand and in the middle of his charcoaled palm, a dazed cricket lay breathing and counting its blessings.



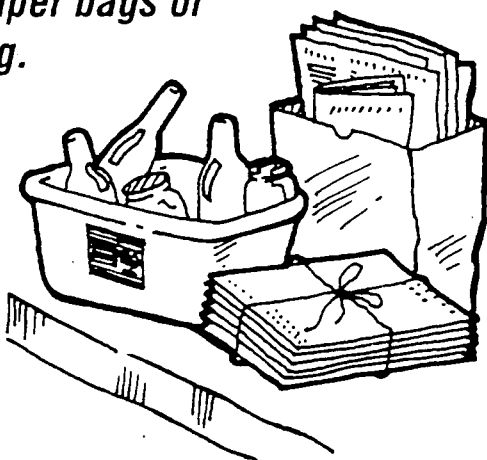
Photo by Vicki Victoria

The use of illegal fireworks is the probable cause of a Fourth of July holiday fire that destroyed this two unit apartment on Coleridge Street. It took 95 firefighters to bring the three alarm fire under control. Neighbors who live near this apartment were frightened and also reminded of the Berkeley/Oakland Hills fire last year as strong winds blew ashes throughout the block.

DON'T LET THE WIND BLOW YOUR RECYCLABLE PAPER AWAY!

Put paper in paper bags or tie it with string.

Help keep our streets clean while you recycle!





The Hill

By Eva Schiorring

Before we moved to Bernal Heights I came to visit the hill every other month or so, always late at night. I'd climb to the top and circle it once to choose the view that coincided best with my mood: ever-moving lines of city light or the calm darkness of the bay. Often I'd bring a bottle of wine and binoculars and I'd toast the city as I scanned the lights below or zeroed in on ships headed for distant - and in my imagination always exotic - destinations. I didn't know the hill well at the time, and I'd stumble around its trails and edges unless there was a full moon.

Then last November we moved to the neighborhood and I started to explore the hill in earnest. I found all the ways you can cross it: the trails, the almost-trails, and the steep sides you can climb in moments of boldness. And I watched it change from a lifeless brown to a lush of green and back to a dry yellow whose prickly straws and wilting plants make me pray for a miracle June shower.

After we settled in, I started running around the hill's base in the mornings. Five large circles: a four and a half mile run. In December and January it was still pitch-black outside during the first rounds. But pre-dawn is very different from night darkness. It is softer, less frightening. I became fond of it and the way it turned all the familiar landmarks - houses, trees, even the hill itself - into mysterious silhouettes.

On these winter days, the air was so crisp that it hurt my lungs, and my gloves and long-sleeved shirt did little to protect me from the icy wind. But gradually, as blood pounded through my system, I'd begin to warm up inside, even as my arms and legs remained curiously chilled. Sweat would form on my brow and my cheeks would acquire a scarlet wind-burn which stayed with me for hours. After a few miles, I'd tear off my gloves, feeling lightheaded as I pushed my hot-cool body past the regular walkers whose coats I knew so well but whose faces remained hidden behind layers of wool scarfs.

Then the rains came and the hill turned emerald green. Very quickly. It just needed that very first rain storm to burst into life. The grasses and wild-flowers seemed to add inches to their stems each day. One morning, they'd tickle my ankle; the next week, they'd be knee-high. Now, as summer begins, they are losing their vigor. But tangled in and around each other, they remain virtually impenetrable on parts of the trail.

With Daylight Savings, I started running in the Golden Gate Park and for a while I didn't visit the hill much. Surely I noticed that the pale purple and yellow flowers were going to seed, but only in glimpses as I rounded the hill top in my car. Of course, "seeing," alone doesn't do it. Not with the hill. You have to feel and hear the winds, smell the grass as it turns to straw. So, I created a new ritual. On weekends I

set out from our place on Anderson around 8 pm and hike to the top. The hill is dry and a wind pounds the grasses. It is "strong" weather. You feel it tearing through your soul as you watch fog banks glide along the ocean and cross over into our city down below. Occasionally, and more as summer approaches I suspect, the fog will reach for the hill, enveloping it in mysterious layers of grey moisture. One evening at the end of May I had to climb half way up the side before I could see "The Thing" on top. On occasion, a corner of the fog would lift, exposing a strangely rounded metal frame which, more than ever, resembled the tail-end of a space ship from another planet.

The hill and I continue to get to know each other. I've seen almost all its outfits now and it has seen me come and go in just as many moods. I've approached it fast, filled with energy, dreaming up new projects and stories as I propelled my body up its side. And I've come feeling tense, my legs heavy with problems that somehow always became more manageable as I climbed the hill for the third or fourth time.

While hordes of visitors flock to Twin Peaks and its similarly "ritzy" counterparts, our hill will remain an undeveloped, local attraction: a place to meet the neighbors and, of course, the Bernal dogs; a place for early morning runners; and a place where you can go late at night to admire the city and look down at the bay...

"Dog Run Hill"

Has Bernal Hill Gone to the Dogs?

According to some neighbors, Bernal Hilltop Park has gone to the dogs. The open space park, bordered by Bernal Heights Boulevard and under the supervision of the the San Francisco Recreation and Park Department, is the crowning glory of the neighborhood and it's most identifiable landmark. Many New Bernal Journal readers have repeatedly informed the paper about their dismay of having to tip toe through the...well, not tulips...and feel that dog owners should be leashed in. Dog owners beg to differ.

Recreation and Park Assistant Superintendent Michael Morlin, however, confirms that the park is a designated as a dog run area. The designation, he explains, expresses that dog owners are

allowed to have their animals run without a leash while exercising reasonable control of their pet. "But it's still a city ordinance that dog owners must clean up after their pets," states Morlin.

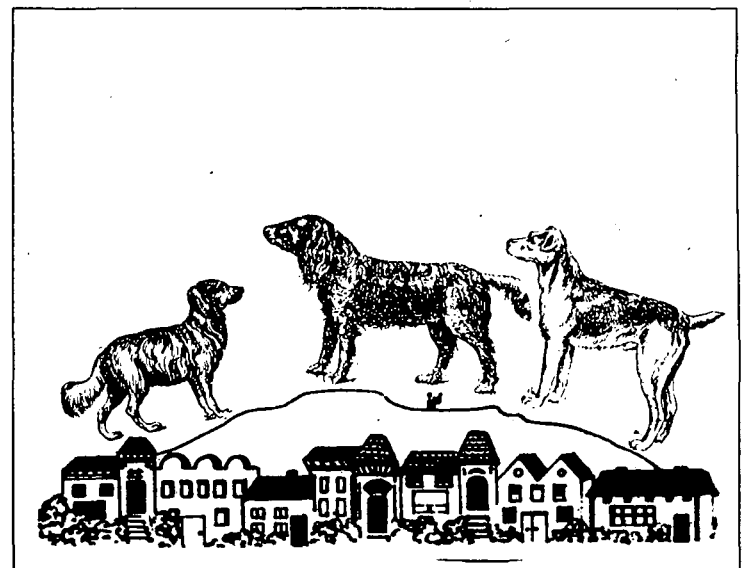
One neighbor explained that they'd be happy to clean up after Fido, but that he is not encouraged to do so, "I don't want to have to carry it around for an hour or so. If there were garbage containers around the hill, it'd be more encouraging."

Case in point: Point Isabelle Park across the Bay in Richmond. Affectionately known as "Dog Run Park," by those who know, pooches of all colors, sizes, makes and models run freely throughout the park playing, retrieving and socializing. With such an impact of canine visitors, one would think

that doggy calling cards would be unceremoniously strewn throughout the park. This, however is not the case because conscientious (or guilt ridden?) dog owners dutifully use plastic bags to gingerly pick up their dog's doings and quickly deposit them into a nearby garbage can. Many garbage containers are conveniently placed throughout the park, each closely accompanied by a wooden stand that holds a variety of plastic bags, re-stocked by the considerate park users themselves.

Some neighbors feel that the presence of garbage containers throughout Bernal Hilltop Park would not only help solve the dog littering problem, but the problem of littering humans, too. Recreation & Park, however has yet to see the value of such garbage containers - due to lack of funds or lack of insight - in placing garbage receptacles throughout Bernal Hilltop Park.

Bernal residents have taken it upon themselves to help in the



efforts of take care of their valuable natural asset. Morlin is quick to admit that he admires these efforts, "Groups of residents, such Barbara Pitschel's (Bernal Hilltop Restoration Project) have done a tremendous job in helping to preserve one of the City's finest natural area collections of native wildflowers."

Regarding the the dog com-

plaints, Morlin suggests that owners be more considerate to others when walking their dog, directing their pet to do their thing away from pathways - if they do not pick up after their animal. But he also cautions them to "Try and stay on establish paths and not create new ones in order to prevent erosion."

By Vicki Victoria

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Window Repairs: Replace broken glass, ropes, and putty. Small carpentry and household repair jobs. I am always on time. City Window Service. 337-9327.

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Cash for furniture: Household items, rugs, jewelry, taxidermy & collectibles. One item or household. Quick courteous service. 621-4390 or 824-1180.

Donate your unused gifts, stuff in the back of your closet, toys, kitchen items, and knick knacks in good condition to the Bernal Heights Senior Program's Flea Market on 8/29/92. Benefits Bernal senior citizen services. 206-2145.

HEALTH

Nurturing & Therapeutic Body work by certified massage therapist practicing Swedish Shiatsu and deep tissue. Good for pain release and stress reduction. I also offer Rosen Method body work. For an appointment call Rose, 641-5209.

FOR SALE

Public Auction: First Wednesday of every month at 7:00 p.m., 1645 Market Street/Gough at One-Eyed Jacks. Truly good deals to be had. Consignments accepted all month. Next Auction: Aug. 5th, 7:00 p.m.

VOLUNTEER OPPORTUNITIES

Deliver grocery bags to senior citizens in need. Friendly neighborhood volunteer with their own car is needed to deliver free grocery bags to low income, frail elderly in Bernal Heights. A three hour commitment each month can help to brighten the day of one of our community's frail elderly. Days/hours are flexible. Contact Vicki at the Bernal Heights Senior Program, 206-2145.

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Send this form along with complete payment to the:
New Bernal Journal, 515 Cortland Avenue, SF, CA 94110

Filing Correct Information Helps to Curb Crime



Walking the beat on Cortland Avenue is our new CPOP Officer, Howard Weathersby.

The Community Police Officer's Program or "CPOP," designed to reintroduce the walking police officer, or "beat cop" to a community has brought on board Officer Howard Weathersby. Officer Weathersby replaces Officer Rey Ibay who was reassigned to patrol car duty. Officer Weathersby looks forward to working closely with the merchants and residents of Bernal to increase awareness of crime problems and to develop neighborhood based crime prevention programs.

Officer Weathersby stresses the importance of providing correct information when reporting a crime. This information includes:

Race • Sex • Age • Height • Weight
Hair • Eyes • Complexion
Physical Characteristics: Slight or heavy build?
Scars, tattoos, mustache, glasses, etc.?
Clothing: Type and color?
Weapons: revolver, automatic, rifle, shotgun, knife, etc.?
Remarks: What suspect said, accent, names used?
Means of Escape: Vehicle (license number, make, model, year, color) or on foot?

In an effort to assist senior citizens into feeling comfortable about reporting crime, CPOP and the Senior Action Network (SAN) developed a special anonymous form which allows senior citizens to report criminal activity such as muggings, pick-pocketing, drug sales, loitering and more. This anonymous form can be obtained from the police station, SAN or the Bernal Heights Senior Program.

Officer Weathersby's beat includes Cortland Avenue and the north side of Bernal Heights. Officer Tony Carreon is also a Bernal Heights CPOP officer who will cover the south side of Bernal. Both officers are trained to respond to specific community problems and needs in order to increase a sense of personal safety to Bernal residents and decrease the amount of criminal activity. Residents are encouraged to contact Officer Weathersby and Carreon at the Ingleside CPOP number for non-emergency calls: 333-3433.

Making Options Available For Latina Women

As Ana Perla grew up in El Salvador, she had a feeling that women were not being treated right. "I felt awkward that when I was growing up, girls were taught to serve men - to cook and clean for them, to take the place of their mother," she says, "We were taught to please men and obey their wishes." She also explains that society also treated women unfairly. "If a female teacher became pregnant, she could lose her job," Ana explains, "And if a pregnant woman was unmarried, she had to assume full responsibility for the child alone. Although there were laws that stated that a man had to take equal responsibility for a child, there were no legal systems available to enforce a man to take and accept that responsibility."

These feelings were not fully realized and confirmed until she moved to San Francisco and became involved with various women's rights organizations. Her volunteer involvement soon lead her to Options For Women Over Forty, a resource and support center for midlife women, where she became the Coordinator of it's Latina Program. "I provide leadership and help to develop a self awareness of values and self worth to women from Central and South America."

She explains that the Latina Program is able to achieve its goals by re-fitting midlife women into employment opportunities. Since the majority of these women have had experience managing a household, house cleaning is the easiest employment to place them in. "We help connect them to potential employers, give them English classes and educate them about decent wage earnings and safe working environments. Since the majority of the Latinas in the program speak limited English, simple lessons on how to properly identify and use cleaning products containing toxics help immensely in ensuring the women of a safe working environment."

Participants of the Latina Program receive \$10.50 per hour from their employers. Of that hourly wage, only 86¢ is contributed back to Options for Women, as an administrative fee. Ana says that this contribution, however small, helps to keep the program going, but more importantly it gives the women a sense that they are contributing back and are earning a fair wage.

Cenobia Alavez is a participant of the Latina Program and appreciates the new direction that it has given her in her life. Originally when she came from Mexico, she found employment as a live-in care taker to an elderly woman. Through Ana's interpretation, Cenobia explains, "I worked hard seven days a week and didn't have any weekends off. I only received \$10 a day in pay. I stayed with her for one and a half years." Finding Options for Women, she says, helped her to take herself out of "the hole" that she found herself in. "It took me some time to feel the way I do now - more confident and hopeful. At my age and with my English abilities, I use to be very discouraged."

Through Options For Women, Cenobia regained her self confidence and found good employers in Bernal Heights. One of them is Dale Cannon of Nevada Street. "I'm a professional, unmarried woman who works full time and I'm very busy. After coming home dog-tired, the last thing I want to do is the dishes and laundry," says Dale, "With Cenobia's excellent help, I can come home to a nice clean home."

The domestic employers who utilize house cleaners from Options feel good about their choice. "Ana lives a few blocks down from me, so I initially felt comfortable about utilizing an organization that was

- continued on next page...



Cenobia Alavez and Ana Perla

New Pet Foods Store Opens in Bernal

"Petpourri" is Truly a Potpourri

Pets play an important part in the lives of many Bernal residents. The companionship, love and joy that they give drives their owners to get only the very best for their pets. Finding quality and a wide selection of products often meant having to go across or out of town.

A new pet supply store, however, is the answer to every Bernal pet owner's needs. "Petpourri" celebrated its grand opening in July and owner Wref Fulton is excited about introducing his new store to residents. When you first see the facade of the store at 811 San Jose Avenue (between 30th & Kingston), you may be skeptical about its selection. After entering the store, however, you will be amazed by the hundreds of products and huge selection - over 2,000 square feet of pet foods and supplies. Petpourri also has a rare convenience that few Bernal businesses have the luxury of offering - its own parking lot.

Wref would like to make his new home in Bernal Heights. He looks forward to getting involved with the community, as well as serving its pet supply needs. •

Options...

- continued from page 14

relatively Bernal Heights based," says Julia Mee of Richland Avenue. "I like what the organization stands for and the fact that they're providing options for women who don't have very many at all. It's also good to know that Cenobia is keeping almost all of her earnings for all of her hard work."

Ana says that most of the women resort to house cleaning jobs, because language does not create the same barriers which would occur in word processing or clerical jobs. Domestic employers who utilize the program agree. "We don't speak Spanish at all and it is not an issue," says Julia "Options for Women has

everything well organized to address this situation, such as a cleaning check list in both English and Spanish. If I need to communicate that I have a special project or need Cenobia to stay an extra hour, I simply call Options and they'll translate for me."

Ana would like to extend the Latina Program to accommodate its huge waiting list. "Currently, we can only serve 25 women through the program. If we expand our clientele base, we can serve more of these women."

Ana understands that the economy is bad, but is optimistic that funding for her work will continue to grow. She believes in the work that she is doing in the community and hopes to help

more women like Cenobia.

At 61 years of age, Cenobia, unfortunately, cannot financially think of retiring. "If God allows me my good health, I can't expect to ever retire. Right now, I feel very healthy and can work for many more years. I'm very grate-

ful to have good clients - and very grateful for Options for Women."

Options for Women of Forty is located at 3543 18th Street, 431-6944. To reach Latina Program's Domestic Referral Service, call 626-2128.

-By Vicki Victoria

Health Focus

Sweet Dreams

By Jeanette Conley, RN

Many people have trouble going to sleep at night. This can be attributed to stress, muscle tension, pain of joints and on going thoughts. For most people they just need a hot bath and the right cup of herbal tea to put them into dream land. The herbs mostly used are skullcap (Scutellaria) Valarian (Valeriana) and Passion Flower (Passiflora).

Each one these individually or combined will usually take the edge off of someone's nerves so that they are able to sleep deeper and more soundly.

Skullcap is very good for mind activity, nerve pain sciatica, migraines. It is somewhat helpful for muscle relaxation. It is excellent for drug withdrawal.

Passion Flower is good for increasing REM of sleep. It helps relax the arterioles and thus reduces essential hypertension somewhat. It is good for older children but is not to be used on children with wild imaginations or nightmares. This herb makes dreams more vivid and real.

Valarian is a herb that is antispasmodic. It is really good for treating cramps. It relaxes the muscles and relieves pain. It slightly increases the heart rate and is a mild digestive stimulant.

The Emerald Edge is now the Emerald Grove - 513 Cortland Avenue - Jeanette Conley, R.N. - 415-647-6556

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ATM cards for
purchases

Sunday - Thursday, 7:00 am - 9:00 pm

Friday - Saturday, 7:00 am - 10:00 pm

Groceries: 648-4656, Meat Department: 648-4657

GROCERIES

LA RUTA CORNED BEEF 12 OZ \$1.69	FRONTIER TOILET TISSUE 4 ROLL 79¢	DEL MONTE TOMATO SAUCE 8 OZ. 4/\$1.00
OLSON FARMS EGGS 18 PK. LARGE \$1.39	SPARKLE PAPER TOWELS 2 PLY 99¢	DEL MONTE KETCHUP 28 OZ SIZE \$1.09
B.H. MAYONAISE 32 OZ \$1.59	EMBASSA SALSA GREEN 18 OZ. \$1.69	ZIPLOC SANDWICH BAGS 150 CT \$2.49
SINFONIA SPAGHETTI 1 LB PACKAGE 69¢	DELIZA OLIVE OIL 3 LTR \$7.99	CHICKEN OF THE SEA TUNA 6 1/2 OZ 69¢
LAY'S POTATO CHIPS 6 1/4 OZ 99¢	RYKRISP CRACKERS 1 LB BOX \$1.19	RAINBOW SALAD OLIVES 303 SIZE 69¢

EVERY DAY LOW PRICES!

B.H. RAMEN INSTANT SOUP 3 OZ	6/\$1.00
B.H. CELLO BREAD	2/\$1.00
BAMBOO SKEWERS 100 COUNT	99¢
PEPODENT TOOTHBRUSH	\$1.09
MI RANCHO CORN TORTILLAS	4/\$1.00
B.H. 2 LITER SODA	.99¢
B.H. MARGERINE 1 LB.	.59¢

SAVE ON GENERIC LABELS

FRESH PRODUCE

CANTELOUPES	2/\$1.00
CORN	5/\$1.00
TOMATOES	49¢/LB
ORANGES	3LB \$1.00



FOSTER FARMS MEATS

FOSTER FARMS

WHOLE FRYERS	79¢/LB
WHOLE LEGS	\$1.09/LB

GROUND CHUCK	
HAMBURGER FAMILY PACK	99¢/LB

CHUCK STEAK BONE IN	\$1.99/LB
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T-BONE STEAK	\$3.99/LB
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PORK BUTT BONE IN	\$1.49/LB
PORK CHOPS CENTER CUTS	\$2.89/LB

BAR-S HOT DOGS	99¢
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WE NOW CARRY
GOAT MEAT



LIQUOR

STOLICHNAYA VODKA 750 ML	\$13.99
KORBEL BRANDY 750 ML	\$7.49
ROYAL GATE VODKA LITER	\$6.99
GRAND DAD 86 PROOF 750 ML	\$8.99
MICHELOB 12 OZ CANS 6 PACK	\$3.99^{+CRV}
HENRY WEINHARD 12 OZ CANS 6 PACK	\$3.99^{+CRV}
LOWENBRAU 12 OZ CANS 6 PACK	\$3.99^{+CRV}
CARLSBERG 12 OZ CANS 6 PACK	\$5.79^{+CRV}
BECKS 12 OZ CANS 6 PACK	\$6.29^{+CRV}
BUDWEISER 12 OZ CANS 6 PACK	\$3.99^{+CR}

MANY MORE SELECTIONS IN STOCK NOW



PRICES EFFECTIVE THROUGH 8/9/92

MANY MORE SPECIALS THROUGHOUT STORE!

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS

